

A DOCTOR'S ADVICE.

Which Belong to the Body Coverings for the Night.

The hours of repose are among the essential of the many matters of routine life, and require by varying measures of attention. With these hours go the hours of the night.

And these are prevalent in regard to the body coverings. At the time when the body is preparing for that repose which gives energy for the following day, some person has an opinion that a certain form of night robe and a bed of particular construction or character are the proper things for the body and for comfort. Ordinarily these convictions of thought are not worth a serious consideration. A little common sense goes a great way and carries with it nearly everything that suggests a proper habilitation for the hours of sleeping.

In the first place there is the body garment proper, and this is from a purely sanitary standpoint best exemplified in the pajamas. Pajamas cover both body and limbs and furnish all necessary warmth and comfort. They are loose fitting and thoroughly comfortable, and are very easily adjusted so that any one can put them on the body with that facility which an ordinary night shirt is placed. Women who may be averse to adopting clothes which may outwardly appear manlike may find in health a good well worth contesting, and in covering themselves with that style of garment which is thoroughly sensible.

The composition of the nightgown is a matter of taste. Canton flannel, linen and wooden goods stand at the head of the list; after these come the silks. One, however, which deserves special attention and which is equally suited for both sexes is the real china silk. This last is the best, but cannot be procured at prices within ordinary range of purse. It can be bought it will give not only a necessary protection, but a comfortable and an enduring garment.

The matter of bed clothing is another thing deserving of thought, comprising that same relation to the body which the outer clothing should hold. A few simple rules should cover the entire ground, and they are comprised in four homely precepts: Use a hair or husk mattress, cover this mattress with a blanket, cover the blanket with a sheet, put a sheet, blankets and counterpane, or extras if you like, above this, and always bear in mind that a lowering of the body's temperature at night is not to be sanctioned.—New York World.

Hindling a Shark.

A successful diver must possess great courage and nerves of steel. Such a man, connected with a large wrecking company, was visiting the pearl fisheries in the Gulf of California. On one of his trips in quest of the pearl oyster he had a narrow escape from a fearful death.

He had been instructed never to stir from the bottom until he had looked up and around. Fortunately he heeded the advice. Having filled his bag he glanced quickly about, and caught sight of a huge shark nosed shark watching him.

In an emergency men think fast. Near the diver was a large rock. He moved quickly to the other side of it, hoping to dodge the ferocious monster. But the maneuver did not work; the shark watched every movement, changing his position by a slight motion of his powerful tail.

Time was precious, and the diver, conceived the idea of blinding the shark by turning up the mud. Under cover of that he might escape. He worked for half an hour, and had the water thick with mud in less than half a minute.

Slipping around the rock again he rose to the surface, having barely strength enough to reach the side of the boat, and was hauled on board just as the voracious man eater made a rush for him.—Frank Leslie's Magazine.

Two Extremes.

There are many things which women do not approve in men, as there are countless many faults in the moral and mental composition of women which are distasteful to men.

The violence and abusiveness, the lack of dignity, and even those personal differences which are emphasized with blows it would be painful to see introduced into an assemblage of women. Nevertheless there is no reason why the other extreme of excessive amiability should be aimed at; with the caressing and petting that have their proper and only place within the four walls and the strict seclusion of home. It is a far cry from the masculine turbulence of a political primary to the excessive sweetness of the too "womanly" convention, but there lies between the two a golden mean, where courtesy and refinement and increasing regard for the feelings of others are perfectly compatible with dignified and refreshing good sense.—Chicago Inter Ocean.

Venetian Hospitality.

Whatever might have been said against the Venetians, they were a hospitable people—this, too, in small as well as in great matters. When, for example, in 1476, an ambassador from the Sultan of Tartary visited the city, and it was known that the khan and his suite arrived but one shirt apiece in their wretchedly furnished rooms, the Venetians, that they might be provided with additional shirts, which were accordingly made "alla tartaresca," and presented. We can imagine how the Venetian councilors and citizens would enjoy this kindly little jest.—National Review.

A Dictator on Black Friday.

On that historic day in Wall street following the memorable Black Friday when the old partner, shaking his finger at the millionaire's face, shouted:

"I live to see the day, sir, when you have to earn a living by going out on this street with a hand going out a monkey."

"My the yea will, Henry; maybe you will, was the retort. "And when I had a monkey, Henry, I'll send for you."—Exchange.

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